



Fresh Meat Info Pack 2011

WHO?

Wollongong Illawarra Roller Derby was founded in January 2009, we are a non profit organisation run for skaters by skaters.

We started training at Belmore Street carpark until May 2009 when we finally found a training venue at Koonawarra Community Centre. In August 2009 we moved to our present training venue, the Sports HUB at Wollongong University, which suited our needs as a fast growing league.

We skate following the rules laid out by the Womens Flat Track Derby Association (www.wftda.com).

WHAT IS ROLLER DERBY?

Roller Derby may look like a bunch of skaters whizzing around the track but it is a complex, full contact game. Each team has four blockers and a jammer on the track. The jammer from each team has to break through the pack with assistance from their own blockers, scoring a point for each opponent she passes during series of 2 minute jams. Blockers do everything they can within the rules, including hip checks and booty blocks, to stop the other teams jammer from scoring while helping their own jammer get through.

FRESH MEAT?

FreshMeat is the program designed for new skaters to WIRD. Completing this training course will give you all the skills you need to start your roller derby career.

This year we are running Fresh Meat intake on the last 2 Sundays of each month. Checkout WIRD's website for more details (and exact dates) <http://wird.com.au>.

Our training session runs from 3 - 5pm, so we would like you to arrive at approx 2.40pm as we have info for you and forms to fill in prior to starting.

On completing 4 Sunday sessions, in a reasonable time (cost of \$10 each session), you will

have the option of joining our league as either a derby girl, social skater, referee or even a NSO (non skate official) if you wish. We will get you to fill in the necessary paperwork and pay insurance and joining/admin fees of \$80.00. This will also include a new joining pack, consisting of a WIRD t-shirt, code of conduct, our constitution, bag and sticker.

WHAT DO I NEED?

You will need

- quad skates
- wrist, elbow & knee guards
- helmet
- mouthguard

The ability to skate a bit would be good, don't worry too much if you did skate as a kid and the skills don't come straight back, it will only take a couple of sessions to! A good idea to get your skate legs in would be to attend a few rink sessions down at Oak Flats Roller Skating Rink. We also would recommend having, at least, ambulance cover, if not personal health insurance, in case of injury.

Don't forget, always safety first. WIRD promotes a high level of commitment to ensuring the safety of our skaters and volunteers so please don't compromise this. No gear, no skate!

TIMELINE

These times are a guide of the progress you can expect to make with dedication and training. Please note this is a guide only.

At the 2 month mark

- skate with the correct form/ stance
- accelerate, stop & perform falls safely & correctly
- complete a 2 hour Level 1 & 2 training session comfortably
- have a basic understanding of the rules

At the 4 month mark

- perform all of the above
- better endurance
- have attended 2 out of 3 sessions a week
- assisted refs in scrimmage practice
- perform training drills with good understanding and participation
- have a sound knowledge of the rules
- if at Level 3, can join in scrimmage practise

At the 6 month mark

- perform all of the above
- skate a 2 hr training session with little or no problem
- have completed all Level 4s physical and written assessments and passed
- eligible to play in a Home game team

At the 8 month mark

- Perform all of the above at a consistent level
- as long as all criteria is met, eligible to be considered to be chosen for the Travel team

We use a star system to indicate levels. White stars are freshies, then as you move up levels... red, amber and green are the colours we use.

White - freshies

Red - next level freshies but no contact

Orange - allowed to participate in contact scrimmages

Green - allowed full contact and can participate in bouts if eligible

HELPFUL WEBSITES

www.wird.com.au

www.wftda.com (rules)

www.derbygirls.wordpress.com (excellent freshie blog on what to expect)

www.sydneyderbyskates.com (all your derby needs)

www.oakflatsrollerskatingrink.com.au/

www.rollerderbydownunder.com

THINGS TO CONSIDER BEFORE JOINING

- Roller Derby is a legitimate womens' sport, not a spectacle or an excuse to be violent. There are rules and guidelines that MUST be adhered to at all times.
- Roller Derby is a FULL CONTACT sport. Please know your physical limits. If you have any health issues please discuss with your health practitioner then your trainer.
- You MUST read the WIRD code of conduct, constitution and all other documentation available to you prior to joining the league.
- WIRD holds regular meetings. Members are expected to attend and actively participate.
- WIRD has an executive committee who meet regularly to efficiently and effectively ensure smooth running of the League. All members are invited to the meetings. If you are not on the committee you are unable to vote
- Attendance : skating members must attend 2 out of 3 sessions per week in order to be eligible to progress to the next level. Anything outside the above must be notified to the Executive committee for individual consideration. Notification of non attendance must be made prior to the training session.
- All members must join a WIRD committee when joining, this will be on the membership form. It is expected each skater will help out in running the league and its events, committing at least 2 hrs a month to a committee

- Referees are skating members and must pass a skills test like all skaters
- Once paid, your membership and fees are non refundable
- Training fees are due by the 1st of each month. This can be paid a number of ways.
Failure to pay for 2 consecutive months may result in membership termination
- Any money received by WIRD is not for the gain of individual members
- You are responsible for your own gear. You **MUST** wear all of your safety equipment when training
- Social skaters are not affiliated with WIRD regular training sessions.
WIRD training sessions are closed to the public, and as such you must be a member to attend these training sessions
- WIRD does have a Social Membership available. You will need to join the league and attend Sunday training **ONLY**, it will cost \$10 each time you attend
- WIRD is a family friendly league that promotes family involvement
- **MUST** have fun and enjoy yourself!